



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 01129, Egg, whole, cooked, hard-boiled

Report Date: July 09, 2017 11:51 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.68 Fat Factor: 9.02 Protein Factor:4.36 Nitrogen to Protein Conversion Factor:6.25

Refuse:12% Refuse Description: Shell

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 cup, chopped 136g | 1 tbsp 8.5g | 1 large 50g |
|---|------|---------------------|-------------|------------|------------------------|----------------|----------------|
| Proximates | | | | | | | |
| Water | g | 74.62 | 14 | 0.140 | 101.48 | 6.34 | 37.31 |
| Energy | kcal | 155 | -- | -- | 211 | 13 | 78 |
| Energy | kJ | 649 | -- | -- | 883 | 55 | 324 |
| Protein | g | 12.58 | 14 | 0.180 | 17.11 | 1.07 | 6.29 |
| Total lipid (fat) | g | 10.61 | 7 | 0.050 | 14.43 | 0.90 | 5.30 |
| Ash | g | 1.08 | 14 | 0.022 | 1.47 | 0.09 | 0.54 |
| Carbohydrate, by difference | g | 1.12 | -- | -- | 1.52 | 0.10 | 0.56 |
| Fiber, total dietary | g | 0.0 | -- | -- | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 1.12 | -- | -- | 1.52 | 0.10 | 0.56 |
| Minerals | | | | | | | |
| Calcium, Ca | mg | 50 | 14 | 0.650 | 68 | 4 | 25 |
| Iron, Fe | mg | 1.19 | 14 | 0.047 | 1.62 | 0.10 | 0.59 |
| Magnesium, Mg | mg | 10 | 14 | 0.275 | 14 | 1 | 5 |
| Phosphorus, P | mg | 172 | 14 | 3.551 | 234 | 15 | 86 |
| Potassium, K | mg | 126 | 14 | 2.228 | 171 | 11 | 63 |
| Sodium, Na | mg | 124 | 14 | 1.845 | 169 | 11 | 62 |
| Zinc, Zn | mg | 1.05 | 14 | 0.047 | 1.43 | 0.09 | 0.53 |
| Copper, Cu | mg | 0.013 | 14 | 0.000 | 0.018 | 0.001 | 0.007 |
| Manganese, Mn | mg | 0.026 | 14 | 0.001 | 0.035 | 0.002 | 0.013 |
| Selenium, Se | µg | 30.8 | 69 | 1.160 | 41.9 | 2.6 | 15.4 |
| Fluoride, F 1 2 3 4 | µg | 4.8 | 66 | 0.576 | 6.5 | 0.4 | 2.4 |

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 cup, chopped 136g | 1 tbsp 8.5g | 1 large 50g |
|--------------------------------|------|------------------|-------------|------------|------------------------|----------------|----------------|
| Vitamins | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | 2 | -- | 0.0 | 0.0 | 0.0 |
| Thiamin | mg | 0.066 | 14 | 0.003 | 0.090 | 0.006 | 0.033 |
| Riboflavin | mg | 0.513 | 14 | 0.010 | 0.698 | 0.044 | 0.257 |
| Niacin | mg | 0.064 | 14 | 0.002 | 0.087 | 0.005 | 0.032 |
| Pantothenic acid | mg | 1.398 | 14 | 0.028 | 1.901 | 0.119 | 0.699 |
| Vitamin B-6 | mg | 0.121 | 14 | 0.003 | 0.165 | 0.010 | 0.060 |
| Folate, total | μg | 44 | 14 | 2.248 | 60 | 4 | 22 |
| Folic acid | μg | 0 | -- | -- | 0 | 0 | 0 |
| Folate, food | μg | 44 | 14 | 2.248 | 60 | 4 | 22 |
| Folate, DFE | μg | 44 | -- | -- | 60 | 4 | 22 |
| Choline, total | mg | 293.8 | -- | -- | 399.6 | 25.0 | 146.9 |
| Betaine ⁵ | mg | 0.6 | 4 | 0.033 | 0.8 | 0.1 | 0.3 |
| Vitamin B-12 | μg | 1.11 | 14 | 0.060 | 1.51 | 0.09 | 0.56 |
| Vitamin B-12, added | μg | 0.00 | -- | -- | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE | μg | 149 | -- | -- | 203 | 13 | 74 |
| Retinol | μg | 148 | -- | -- | 201 | 13 | 74 |
| Carotene, beta | μg | 11 | -- | -- | 15 | 1 | 6 |
| Carotene, alpha | μg | 0 | -- | -- | 0 | 0 | 0 |
| Cryptoxanthin, beta | μg | 10 | -- | -- | 14 | 1 | 5 |
| Vitamin A, IU | IU | 520 | -- | -- | 707 | 44 | 260 |
| Lycopene | μg | 0 | -- | -- | 0 | 0 | 0 |
| Lutein + zeaxanthin | μg | 353 | -- | -- | 480 | 30 | 176 |
| Vitamin E (alpha-tocopherol) | mg | 1.03 | -- | -- | 1.40 | 0.09 | 0.52 |
| Vitamin E, added | mg | 0.00 | -- | -- | 0.00 | 0.00 | 0.00 |
| Vitamin D (D2 + D3) | μg | 2.2 | -- | -- | 3.0 | 0.2 | 1.1 |
| Vitamin D3 (cholecalciferol) | μg | 2.2 | -- | -- | 3.0 | 0.2 | 1.1 |
| Vitamin D | IU | 87 | -- | -- | 118 | 7 | 44 |
| Vitamin K (phylloquinone) | μg | 0.3 | -- | -- | 0.4 | 0.0 | 0.1 |
| Lipids | | | | | | | |
| Fatty acids, total saturated | g | 3.267 | -- | -- | 4.443 | 0.278 | 1.633 |
| 4:0 | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 |
| 6:0 | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 |

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|------------------------------------|------|------------------|-------------|------------|---------------------|-------------|-------------|
| 8:0 | g | 0.003 | 37 | -- | 0.004 | 0.000 | 0.002 |
| 10:0 | g | 0.003 | 37 | -- | 0.004 | 0.000 | 0.002 |
| 12:0 | g | 0.003 | 37 | -- | 0.004 | 0.000 | 0.002 |
| 14:0 | g | 0.035 | 37 | -- | 0.048 | 0.003 | 0.018 |
| 16:0 | g | 2.349 | 37 | -- | 3.195 | 0.200 | 1.175 |
| 18:0 | g | 0.828 | 37 | -- | 1.126 | 0.070 | 0.414 |
| Fatty acids, total monounsaturated | g | 4.077 | -- | -- | 5.545 | 0.347 | 2.038 |
| 16:1 undifferentiated | g | 0.310 | 37 | -- | 0.422 | 0.026 | 0.155 |
| 18:1 undifferentiated | g | 3.725 | 37 | -- | 5.066 | 0.317 | 1.863 |
| 20:1 | g | 0.030 | 37 | -- | 0.041 | 0.003 | 0.015 |
| 22:1 undifferentiated | g | 0.003 | 37 | -- | 0.004 | 0.000 | 0.002 |
| Fatty acids, total polyunsaturated | g | 1.414 | -- | -- | 1.923 | 0.120 | 0.707 |
| 18:2 undifferentiated | g | 1.188 | 37 | -- | 1.616 | 0.101 | 0.594 |
| 18:3 undifferentiated | g | 0.035 | 37 | -- | 0.048 | 0.003 | 0.018 |
| 18:4 | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 |
| 20:4 undifferentiated | g | 0.149 | 37 | -- | 0.203 | 0.013 | 0.074 |
| 20:5 n-3 (EPA) | g | 0.005 | 37 | -- | 0.007 | 0.000 | 0.003 |
| 22:5 n-3 (DPA) | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 |
| 22:6 n-3 (DHA) | g | 0.038 | 37 | -- | 0.052 | 0.003 | 0.019 |
| Cholesterol | mg | 373 | -- | -- | 507 | 32 | 186 |
| Amino Acids | | | | | | | |
| Tryptophan | g | 0.153 | -- | -- | 0.208 | 0.013 | 0.076 |
| Threonine | g | 0.604 | -- | -- | 0.821 | 0.051 | 0.302 |
| Isoleucine | g | 0.686 | -- | -- | 0.933 | 0.058 | 0.343 |
| Leucine | g | 1.075 | -- | -- | 1.462 | 0.091 | 0.537 |
| Lysine | g | 0.904 | -- | -- | 1.229 | 0.077 | 0.452 |
| Methionine | g | 0.392 | -- | -- | 0.533 | 0.033 | 0.196 |
| Cystine | g | 0.292 | -- | -- | 0.397 | 0.025 | 0.146 |
| Phenylalanine | g | 0.668 | -- | -- | 0.908 | 0.057 | 0.334 |
| Tyrosine | g | 0.513 | -- | -- | 0.698 | 0.044 | 0.257 |
| Valine | g | 0.767 | -- | -- | 1.043 | 0.065 | 0.384 |
| Arginine | g | 0.755 | -- | -- | 1.027 | 0.064 | 0.378 |
| Histidine | g | 0.298 | -- | -- | 0.405 | 0.025 | 0.149 |

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|----------------|------|------------------|-------------|------------|---------------------|-------------|-------------|
| Alanine | g | 0.700 | -- | -- | 0.952 | 0.059 | 0.350 |
| Aspartic acid | g | 1.264 | -- | -- | 1.719 | 0.107 | 0.632 |
| Glutamic acid | g | 1.644 | -- | -- | 2.236 | 0.140 | 0.822 |
| Glycine | g | 0.423 | -- | -- | 0.575 | 0.036 | 0.211 |
| Proline | g | 0.501 | -- | -- | 0.681 | 0.043 | 0.251 |
| Serine | g | 0.936 | -- | -- | 1.273 | 0.080 | 0.468 |
| Other | | | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | 0.0 | 0.0 | 0.0 |
| Caffeine | mg | 0 | -- | -- | 0 | 0 | 0 |
| Theobromine | mg | 0 | -- | -- | 0 | 0 | 0 |

Sources of Data

¹Donald Taves **Dietary Intake of Fluoride Ashed (total fluoride) v. Unashed (inorganic fluoride) Analysis of Individual Foods**, 1983 British Journal of Nutrition 49 pp.295-301

²J.D.B. Featherstone, Carol Shields **A Study of Fluoride Intake in New York State Residents**, 1988 New York State Fluoride Analysis Contract - report date 12/1/1988

³Robert Ophaug **Fluoride, Unpublished - Ophaug**, Microdiffusion

⁴RD Jackson, EJ Brizendine, SA Kelly, R Hinesley, GK Stookey, AJ Dunipace **The fluoride content of foods and beverages from negligibly and optimally fluoridated communities.**, 2002 Community Dental Oral Epidemiology 30 5 pp.382-391

⁵Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6b, 2002 Beltsville MD